

HERE'S SOMETHING YOU KNOW:

Noise is all around us — at school, at home, and everywhere in between.

But what about this?

Being around too much loud noise can make you lose your hearing. And once it's gone, you can't get it back.



5 in 10 young people listen to their music or other audio too loudly



4 in 10 young people are around dangerously loud noises during events like concerts and sports games



48 million people in the U.S. have trouble hearing with one (or both) of their ears

Ready for the good news?

You can protect your hearing — and still do all the stuff you love!



Turn down the volume on your headphones



Try to stay away from loud noises



Use earplugs or noise-canceling headphones when you're around loud noises

Visit www.cdc.gov/nceh/hearing_loss/ to learn more.



Centers for Disease
Control and Prevention
National Center for
Environmental Health

